

## Get ready, get set – Get Moving CHFS!

By Patricia Boler

The Get Moving Kentucky! Get Moving CHFS! kickoff is next week! Don't be left at the starting gate. More than 450 employees have turned in their registration forms and are ready to begin this eight-week pilot program. The 'Get Moving' program is designed to encourage cabinet employees to be more physically active and live a healthier lifestyle.



On Monday morning, April 11, a registration table will be set up outside the CHR building cafeteria to accept last-minute entries. Registrations will be accepted from 8:15 – 9:15 a.m. During that time staff will also distribute pedometers to Get Moving CHFS! participants.

Team captains will receive a pedometer; all others may donate \$1 to help defray the cost of the pedometers. Pedometers will only be distributed in the CHR building on the day of the kick-off. They will be provided on a "first-come, first-served basis," and are offered only as a means to keep track of your individual steps. A pedometer is not required to participate in the program.

The Get Moving Kentucky! Get Moving CHFS! kickoff will begin in the health services auditorium promptly at 10 a.m. The kickoff will be led by Secretary James Holsinger and First Lady Glenna Fletcher. Following a short program Secretary Holsinger will lead employees on a one-mile walk across the CHR building grounds.

Everyone who participates in the kickoff can earn his or her first physical activity mile (PAM). Each team's goal is to reach 420 PAMs by June 3 – which is equivalent to walking the length of Kentucky.

A PAM is defined as 15 minutes of continuous exercise. Activity for the program is not limited to walking. Any type of continuous exercise can convert into PAMs. For example, 15 minutes of dancing, lawn mowing or swimming can convert into one PAM. Registration brochures have a lengthy list of exercises from which to choose, or you can come up with your own personal routine.

Get your registration form completed and returned as soon as possible to be part of this groundbreaking event for our cabinet. Registrations completed before Monday should

be submitted to Joyce Jennings in the CHR building at mail stop 3C-G.

Pick up your registration today and **GET MOVING!**

## April is Child Abuse Prevention Month

Child abuse knows no racial or economic lines. Your neighbors, grandchildren, clients could all be at risk.



By keeping a watchful eye, you could help save the life of a child. As professionals committed to the service and protection of Kentucky citizens, it is our job to report any suspected abuse.

You can report suspected child abuse by calling the child abuse prevention hot line at (800) 752-6200.

Last week, we learned the signs of physical abuse. Here are things to look for if you suspect a child is being sexually abused.

### Signs of Sexual Abuse

Consider the possibility of sexual abuse when the child:

- ◆ Has difficulty walking or sitting.
- ◆ Suddenly refuses to change for gym or to participate in physical activities.
- ◆ Reports nightmares or bedwetting.
- ◆ Experiences a sudden change in appetite.
- ◆ Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior.
- ◆ Becomes pregnant or contracts a venereal disease, particularly if under age 14.
- ◆ Runs away.
- ◆ Reports sexual abuse by a parent or another adult caregiver.

Consider the possibility of sexual abuse when the parent or other adult caregiver:

- ◆ Is unduly protective of the child or severely limits the child's contact with other children, especially of the opposite sex.
- ◆ Is secretive and isolated.
- ◆ Is jealous or controlling with family members.

## The CHFS Café - Um-Ummm Good! And healthy, too!

The CHFS cafeteria, managed by the Kentucky Department of Parks Food Service, is breaking new ground in food planning and preparation. Now known as the CHFS



Café, and one of only three such cafes in Frankfort (the others are in the Transportation Cabinet building and the Capitol Annex), the emphasis is on healthy cooking, fresh food and a variety of food choices.

Healthy cooking stems not only from Governor Ernie Fletcher's "Get Healthy Kentucky!" program, but also from our cabinet's "Get Moving Kentucky, Get Moving CHFS" pilot program to enhance the health of CHFS employees and, ultimately, all state employees. In line with the goals of both programs, the CHFS Café's most recent equipment addition is an open-flame Chargrill, which allows fats to drip away from food.

"I could hardly wait to use the Chargrill," said Manager and Chef Mike Vaughn. "I had chicken breasts prepped and ready to cook as soon as the grill was operational. Now we use it not only for grilling chicken, but also pork, burgers and vegetables to serve as our healthy option each day.

"One of my favorite healthy entrees is Chargrilled Eggplant Parmesean, which is brushed with light olive oil and sprinkled lightly with Parmesean cheese," Vaughn said. "The open-fire grill gives everything a great flavor."

The Café has introduced other healthy choices such as steamed vegetables, fresh cut fruit, skim milk, a new Crystal Lite drink machine and a salad bar, with new additions of baby spinach, fat-free or light dressings and mayonnaise and baked rather than fried croutons.

CHFS Café staff make many entrees and condiments from scratch, too.

"I want our customers to know how much pride we put into our work," Vaughn said. "We make our own tarter sauce, whip our own margarine, bread our own chicken strips and catfish, peel and mash real potatoes, cut real carrots, and make our own soups, gravy, pesto, marinara sauce, honey-mustard, cornbread and desserts."

And they are working with local growers to get the freshest produce possible.

Vaughn is proud that they use fresh parsley, basil, sage, rosemary and other herbs as available. "But the Department of Parks Food Service is working with the Finance Cabinet to locate a place to grow herb gardens to supply the three Frankfort cafés, as well as all state park eating facilities," he said.

"We're doing the best we can within our budget to give customers good, fresh, healthy choices, and we're getting exceptional support from Eric Robertson, area supervisor of Frankfort cafés, and Bob Perry, director of Department of Parks Food Service," Vaughn said. "Both are excellent chefs, and I feel so lucky to be working with them."

"I'm also lucky to be working with such a dedicated and talented staff here," he said. "Everyone who works here gets to learn every aspect of café maintenance and management. A person can come in early to do food preparation, then make sandwiches or wraps, service the drink machines and mop the floors. Another may prepare desserts, work the serving line, restock the condiments and clear tables. And the duties change regularly.

"In other words, we want everyone to know everything about this café," he said. "We want everyone to be able to step into any job and do it well."

Vaughn comes in each weekday morning at 5:30 a.m. to begin preparing for breakfast and lunch. Others arrive between 5:30 a.m. and 7 a.m. to prepare food for serving. Then they stand behind the line and serve us quickly, efficiently and pleasantly, tally the register receipts and mop up until the café closes at 2 p.m.

A nice "Thank you" would be appropriate for this dedicated and hard-working staff.

## CHFS Focus Employee Spotlight: A Typical Day in Public Health

Every day at 56 local health departments across the Commonwealth, interventions, inspections and numerous other services take place to protect and improve the health of Kentuckians. The Department for Public Health, within the Cabinet for Health and Family Services, supports these local activities.



Public health is charged with a broad mission, including such wide-ranging responsibilities as bioterrorism preparedness and children's immunizations. Many people are simply unaware of the scope of daily activities conducted by Kentucky's health departments. The following figures represent the activities that take place on any given day in Kentucky's health departments.

Many services provided fall into the preventive category:

- ◆ 3,941 Immunizations
- ◆ 2,539 Child Health Visits
- ◆ 47 Oral Health Visits
- ◆ 633 Family Planning Visits
- ◆ 163 Maternity Patient Visits
- ◆ 280 Folic Acid Supplements
- ◆ 459 TB Visits
- ◆ 156 STD Visits
- ◆ 146 Breast/Cervical Cancer Screenings
- ◆ 4,569 WIC Visits

But health departments' duties don't stop there. Health departments also conduct many inspections and enforcement actions each day:

- ◆ 1,077 pounds of food quarantined
- ◆ 283 Food Service/Restaurants Inspected
- ◆ 6 Food Manufacturing Inspected
- ◆ 6 Hotels/Motels Inspected
- ◆ 4 Tattoo Studios Inspected
- ◆ 18 Schools Inspected
- ◆ 27 Mobile Home Parks Inspected
- ◆ 4 Septic Tanks Inspected
- ◆ 11 Swimming Pools Inspected
- ◆ 122 Permits Issued

**CHFS Focus Program Spotlight: Governor Fletcher Proclaims April 4-10 as Public Health Awareness Week, Recognizes Public Health's Daily Contributions to State's Overall Health**

Governor Ernie Fletcher proclaimed April 4-10 as Public Health Awareness Week in Kentucky, recognizing the daily efforts at improving health carried out across the state by the Department for Public Health and local health departments.



"We know that we must continually focus on improving the health status of Kentuckians. Every day across this state, our public health workforce carries out that charge from visits to expectant mothers to preparing for outbreaks of disease to immunizing our children," said Governor Fletcher. "The partnership between our state and local health departments is making a difference in the lives of Kentuckians."

The leadership of the Kentucky Public Health Association (KPHA) and Cabinet for Health and Family Services officials joined Governor Fletcher in the Capitol Rotunda for the proclamation signing. The KPHA's annual conference will take place April 19-21 at the Executive West in Louisville. Governor Fletcher is scheduled to deliver the keynote address on April 19.

KPHA's theme for the week and conference is "Strengthening Public Health-Together We Can Do So Much!" Efforts will focus on preventing problems, protecting health through early detection and planning to stay healthy. This focus is in addition to overarching efforts directed at wellness and lifestyle choices spearheaded by the Get Healthy Kentucky! initiative.

"As a physician, Governor Fletcher understands the importance of public health," said DPH Commissioner Dr. William Hacker. "Through the Governor's JOBS for Kentucky plan, the General Assembly has finally increased the cigarette excise tax in Kentucky, something that makes health sense and will save lives. We will also be expanding our newborn screening efforts to the national average and are beginning to address the adult and childhood obesity problems we face in this state."

DPH is the sole organizational unit of Kentucky's state government responsible for developing and operating all public health programs and activities for the citizens of Kentucky. These activities include health service programs for the prevention, detection, care, and treatment of physical disability, illness and disease. Kentucky's 56 local health departments work closely with DPH.

For more information, visit DPH's website or KPHA's website.

**CHFS Focus Health Tip of the Week: Is your tummy in a knot? It could be IBS**

*By Anne Parr, R.N.*

Many people suffer from digestive problems that don't go away. The International Foundation for Functional





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Gastrointestinal Disorders estimates that more than 20 million people have irritable bowel syndrome (IBS). Two thirds of the patients are female. If you suffer from IBS, you know how discomforting it can be. Sometimes it's so disabling that you're unable to work, go to social events or even travel short distances.

The disorder, which interferes with the normal functions of the large intestine (colon), is characterized by a group of symptoms – cramping abdominal pain and discomfort, bloating, diarrhea, constipation or alternating diarrhea and constipation. These symptoms can be aggravated by large meals, bloating from gas in the colon, medications or eating/drinking certain products such as wheat, rye, barley, chocolate, milk, caffeinated drinks or alcohol and stress.

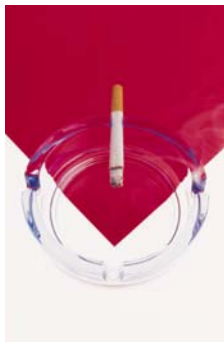
IBS is believed to be caused by increased sensitivity of the bowel. It is not known why some people's intestines are more sensitive than those of other people. Psychological stress and eating may bring on the symptoms. Managing stress and changing your diet are the main treatments for the condition. Medications may be used to treat severe symptoms that interrupt daily activities.

Never attempt to treat yourself for IBS without consulting with your doctor. It is important to speak with your health care providers about safety and what's right for you. Find a doctor who understands IBS, and work together on your treatment plan.

For information about IBS, visit [www.aboutibs.org](http://www.aboutibs.org).

## Kick Butts Day 2005 - Teens Reaching Out to Teens to Stop Smoking on April 13

In Kentucky, hundreds of teens across the state are planning Kick Butts Day activities on April 13 aimed at educating other teens about the health risks of tobacco use and the marketing practices of the tobacco industry.



Currently, 34 percent of Kentucky high school students smoke and 15 percent of middle school students smoke. Both rates are well in excess of the national averages of 28 percent and 11 percent respectively. To meet the Healthy Kentuckians 2010 goals, current cigarette smoking must be reduced to 28 percent for high school students.

“Research indicates that increasing the cost of cigarettes has a direct effect on tobacco consumption among teens,”

said Governor Ernie Fletcher. “The 27 cent increase in the cigarette excise tax passed by the General Assembly in the historic JOBS for Kentucky tax modernization plan will improve the health of our young people.”

Kentucky's excise tax on cigarettes will increase to 30 cents on June 1. The Campaign for Tobacco Free Kids estimates that the increase in the state's excise tax on cigarettes will decrease the number of teens who smoke by 5.7 percent.

“Our hope is that this increase will motivate teen smokers to quit and act as a deterrent for non-smoking teens,” said Dr. James Holsinger, Secretary of the Cabinet for Health and Family Services.

Tobacco is the leading preventable cause of death in the United States. Nearly 8,000 Kentuckians die each year as a result of tobacco use. Every day more than 4,000 kids nationwide try their first cigarette; another 2,000 become addicted smokers.

“I'm glad to see our teens involved in helping to spread the word about the harm tobacco use can cause,” said Dr. William Hacker, Commissioner of the Department for Public Health. “Many teens become addicted smokers before they leave high school. If we can encourage them not to start, we can save lives.”

Across the state, teens will participate in a variety of Kick Butts Day activities to increase awareness of the effects of tobacco use.

- ◆ Students in the Powell County High School will don green ribbons in memory of loved ones who have died of smoking related illnesses.
- ◆ Lincoln County's Teens Against Tobacco Use (TATU) will take to the streets. They plan a march down Main Street to draw awareness to the health risks of tobacco use.
- ◆ Pike and Powell Counties are using this opportunity to encourage people to buy baby items instead of cigarettes for the day. The baby items will be distributed through the HANDS program at the health departments.
- ◆ Northern Kentucky Independent Health Department will host a “Three on Three” basketball tournament to dramatize that cigarettes inhibit physical activity.
- ◆ An art contest was held in Hopkins County Central High School. The winning design was imprinted on T-shirts and will be distributed to staff and teenagers.
- ◆ Students in Woodford County have partnered with Students Against Drunk Drivers to create a public

service announcement centered on risky behaviors like smoking and drinking while driving.

This year marks the tenth anniversary of the Kick Butts Day activities. Kick Butts Day is sponsored by the Campaign for Tobacco Free Kids, a Washington D.C.-based youth advocacy group supported by such non-profit agencies as the American Cancer Society, American Heart Association, American Lung Association, American Medical Association and many others.

For information about Kick Butts Day activities in your area, contact the tobacco coordinator at your local health department. Information about national activities can also be found at [www.kickbuttsday.org](http://www.kickbuttsday.org). For more information about the Kentucky Tobacco Prevention and Cessation Program, log onto <http://chfs.ky.gov/dph/tobacco.htm>, contact program staff at 502-564-7996, or contact the tobacco program coordinator at your local health department.

#### Scheduled power outage for CHR Complex

All electrical power including the elevators and all lighting will be interrupted on Saturday, April 16 between the hours of 3 and 6 a.m. The building will be totally dark and all mechanical systems will be off during this period.



The outage will not occur if outside temperatures are **ABOVE 70 DEGREES**.

#### CHR Complex parking - Don't block curb cuts

Staff at the CHR complex are reminded not to block the curb cuts at any of the building entrances. Cars dropping off or picking up passengers often block these curb cuts making it difficult for wheelchair users and others with mobility challenges to access and leave the building. It also increases injury risks each time anyone has to step on or off a curb. Let's all work together to be courteous and safety conscious by keeping the curb cuts clear.



#### Employee Enrichment

By Anya Armes Weber



*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

Conflict will happen anywhere that people work closely together. Don't let it steal your productivity. From Lifetips.com, these suggestions will help you identify problems and use conflict to your advantage by improving the current way business is done.

- ◆ Analyze the problem in light of the common and differing interests.
- ◆ Draft possible solutions.
- ◆ After discussing and ranking solutions, determine a compromise.
- ◆ Allow some time to work through the solution.
- ◆ Evaluate. Revisit the problem and discuss the success of resolution plan.